

# Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

September 2015

## Pizza Rice

## Favorite One-Dish Chicken

## Wake-Up Rice

## Fried Rice

## Chicken and Vegetable Stir Fry

### Pizza Rice

½ pound lean ground beef  
2 cups pizza sauce  
1½ cups fat-free cottage cheese  
2 cups cooked brown rice  
½ cup shredded reduced fat mozzarella cheese

1. Preheat oven to 325 degrees.
2. Coat a 9 x 9 inch baking pan with nonstick cooking spray.
3. In a skillet, brown the ground beef. Drain and rinse excess fat.
4. Add pizza sauce and simmer for 10 minutes.
5. In a mixing bowl, combine cottage cheese and rice.
6. In the baking pan, layer ⅓ rice mixture then ⅓ meat mixture; repeat twice.
7. Sprinkle with mozzarella cheese.
8. Bake for 30 minutes.

**Nutrition Note:** This recipe makes 6 servings. Each serving has 250 calories, 7 grams of fat, 20 grams of protein, 26 grams of carbohydrates and 600 milligrams of sodium.



### Tips for Healthy Snacking

**Save Time by Slicing Veggies:** Store sliced vegetables in the refrigerator and serve with dips like hummus or low-fat dressing. Top half a whole-wheat English muffin with spaghetti sauce, chopped vegetables, and low-fat shredded mozzarella and melt in the microwave.

### Favorite One Dish Chicken

1 can (10.5 ounces) low-fat, low-sodium cream of chicken soup  
1 cup 1% or fat-free skim milk  
½ cup shredded reduced fat cheddar cheese  
1 cup instant brown rice  
2 boneless, skinless chicken breasts, cut in halves  
½ teaspoon thyme  
½ teaspoon paprika

1. Preheat oven to 350 degrees.
2. Spray 2-quart baking dish with non-stick cooking spray.
3. In a mixing bowl, combine soup, milk, and cheese; set aside ¼ cup of this mixture.
4. Combine remaining soup mixture with rice. Spoon into the baking dish.
5. Top with chicken. Spoon reserved soup mixture over chicken. Sprinkle with thyme and paprika.
6. Bake for 35 minutes.

**Nutrition Note:** This recipe makes 4 servings. Each serving has 240 calories, 4.5 grams of fat, 23 grams of protein, 26 grams of carbohydrates and 440 milligrams of sodium.

### Breastfeeding:

#### Why breastfeed?

*“I chose to breastfeed because I breastfed my first child and really enjoyed it.”*

~ Sara, WIC Breastfeeding Mom from Bismarck, ND

For more information about breastfeeding, check out our breastfeeding website at [www.ndhealth.gov/breastfeeding](http://www.ndhealth.gov/breastfeeding).



### Wake-Up Rice

1 cup instant brown rice  
1 cup water  
¼ teaspoon cinnamon  
¼ to ½ cup 1% or fat free skim milk

1. Cook brown rice according to package directions.
2. Spoon into bowls and top with cinnamon and milk.
3. Other toppings include: raisins, chopped apple, applesauce, canned peaches, banana slices, blueberries, flavored yogurt.

**Nutrition Note:** This recipe makes 4 servings. Each serving has 90 calories, 1 gram of fat, 3 grams of protein, 18 grams of carbohydrates and 15 milligrams of sodium.

## Fried Rice

2 tablespoons canola or vegetable oil  
3 cups cooked brown rice  
1 carrot (cut into ¼-inch slices)  
½ bell pepper, chopped  
½ cup chopped onion  
½ cup chopped broccoli  
2 tablespoons soy sauce, low sodium preferred  
½ teaspoon black pepper  
1 teaspoon garlic powder  
2 eggs, beaten  
¾ cup cooked bite-size pieces of chicken

1. Heat oil in a large skillet over medium heat.
2. Add rice and stir for 5 minutes.
3. Stir in carrot, bell pepper, onion, broccoli, soy sauce, black pepper and garlic powder. Cook until vegetables are tender. Remove mixture from pan.
4. Pour eggs into pan and scramble.
5. Put vegetable mixture and rice back in the pan and mix with scrambled eggs.
6. Add chicken and cook until hot

Recipe Source: [www.whatscooking.fns.usda.gov/recipes](http://www.whatscooking.fns.usda.gov/recipes)

**Nutrition Note:** This recipe makes 6 servings. Each serving has 220 calories, 8 grams of fat, 11 grams of protein, 26 grams of carbohydrates and 240 milligrams sodium using low-sodium soy sauce (versus 450 milligrams using regular soy sauce).



The *Pick-WIC Paper* is developed for the Special Supplemental Nutrition Program for Women, Infants and Children  
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## Turn Off the TV

Find a starting spot outside/inside and choose different places to go. Count how many steps it takes to get to each spot.

Source: Head Start Body Start

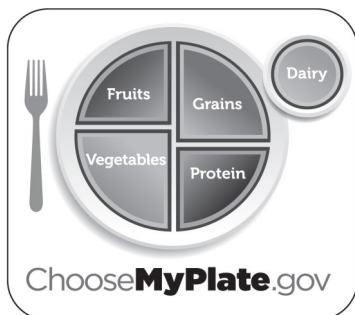
## Chicken and Vegetable Stir Fry

3 tablespoons canola or vegetable oil  
1 pound boneless chicken breasts, cut in bite-size pieces  
1 cup broccoli florets  
1 cup carrots, cut in strips  
1 cup snow peas  
1 medium green or red pepper, chopped  
1 envelope dry onion soup mix (low sodium preferred)  
½ teaspoon ginger  
2 teaspoons soy sauce (low sodium preferred)  
1 tablespoon cornstarch  
1 teaspoon vinegar  
1½ cups water  
Instant brown rice

1. In a large skillet, add oil and cook chicken and vegetables over medium-high heat, stirring constantly for about 10 minutes or until chicken is golden brown and vegetables are tender-crisp.
2. In a mixing bowl, thoroughly blend onion soup mix, ginger, soy sauce, cornstarch, vinegar and water; stir into chicken mixture.
3. Bring to a boil and simmer uncovered for 10 minutes or until sauce is thickened.
4. While stir fry is simmering, cook brown rice according to package directions.
5. Serve stir fry over brown rice.

**Nutrition Note:** This recipe makes 6 servings. Each serving has 360 calories, 11 grams of fat, 28 grams of protein, 35 grams of carbohydrates and 570 milligrams of sodium (using low-sodium soup and soy sauce versus 970 milligrams using regular sodium products).

## GROWING HAPPY FAMILIES



### How can I use brown rice?

Brown rice is different than white rice as the bran layer hasn't been removed. The bran layer contains fiber and many nutrients and gives brown rice a nuttier taste and chewier texture. Use brown rice instead of white rice in your favorite recipes, but it will take longer to cook.